

## Beneficial Bites

### Rosemary

#### Health Benefits:

- Contains antioxidants which can protect against cancer
- Contains vitamin A, C, iron, calcium, magnesium, phosphorus, potassium, sodium, and zinc
- Diuretic properties

#### Interesting Facts:

- In Latin, rosemary means “dew of the sea”
- Symbolizes loyalty and friendship
- Native to Mediterranean region, Portugal, and Spain
- Many varieties of rosemary
- Has a bittersweet, lemony, slightly piney flavor

Rosemary was used to disinfect houses from the plague during the Middle Ages (Look out H1N1!)

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Check out the January menu for these “Rosemary” foods.



Featured Recipes:

- 101 Rosemary Carrots (January 5<sup>th</sup>)
- 101 Rosemary Garlic Roast Beef (January 12<sup>th</sup>)
- 101 Roasted Potatoes w/Rosemary (January 20<sup>th</sup>)
- 101 Rosemary Pasta in Garlic Sauce (January 25<sup>th</sup>)
- 101 Herbed Biscuit (January 26<sup>th</sup>)



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